**Skill Module:** Flexibility

# **Topic: Adapting to the Evolving Labour Market**

### **Definition of Skill**

**Flexibility** (or Change Tolerance) is the ability to alter oneself or one's responses to changed circumstances or environment. It demonstrates the ability to learn from experience and improves the fitness of the learner as a competitor.

### **Core Content**

**The Only Constant is Change** The world of work is not static. Industries rise and fall, technologies evolve, and hiring practices shift. A successful job seeker cannot rely solely on the methods that worked five or ten years ago.

**Mental Preparedness** Flexibility is less about having a specific technical skill and more about a mindset. It is the mental preparedness to say, "The environment has changed, so I must change my approach."

* **Market Shifts:** If a specific job role is disappearing, a flexible candidate looks for transferable skills rather than waiting for the old role to come back.
* **New Technologies:** Embracing new tools (like AI or digital interview platforms) rather than resisting them.

**Altering Strategies** To be competitive, you must be willing to alter old strategies. If a resume format isn't getting results, or if a networking approach is hitting dead ends, flexibility requires you to stop, assess the new environmental factors, and pivot to a new strategy immediately.